





# Behavioral Health Suite of Services



With Providence Health Plan, you have more choice in how you want and need to access care.

 <p><b>Resources for Improved Well-Being</b></p>	<p><b>Resources to Relax &amp; Recharge</b></p> <ul style="list-style-type: none"> <li>Savings on massage therapy, yoga, meditation, and more</li> </ul>	<ul style="list-style-type: none"> <li><a href="https://ProvidenceHealthPlan.com/LifeBalance">ProvidenceHealthPlan.com/LifeBalance</a></li> </ul>
 <p><b>Self-Management and Mindfulness Tools</b></p>	<p><b>Health Coaching</b></p> <ul style="list-style-type: none"> <li><a href="https://ProvidenceHealthPlan.com/HealthCoaching">ProvidenceHealthPlan.com/HealthCoaching</a></li> <li>One-on-one health coaching sessions</li> <li>Personalized goal setting with manageable steps</li> <li>A program designed to empower members to achieve their health goals</li> </ul>	<p><b>Learn to Live</b></p> <ul style="list-style-type: none"> <li><a href="https://LearnToLive.com/Welcome/ProvidenceHealthPlan">LearnToLive.com/Welcome/ProvidenceHealthPlan</a></li> <li>Self-directed virtual therapy</li> <li>One-on-one coaching, mindfulness exercises, and live and on-demand webinars</li> <li>Available at any time within the app<sup>1</sup></li> </ul>
 <p><b>Telehealth/Virtual</b></p>	<p><b>Behavioral Health Concierge</b></p> <ul style="list-style-type: none"> <li><a href="https://Providence.org/BHC">Providence.org/BHC</a></li> <li>Quick access to direct care with Providence providers</li> <li>Extended hours 7 a.m. – 8 p.m. (Pacific Time), seven days a week</li> <li>Help with life stressors, mental health, and addiction issues</li> <li>Available to eligible members residing in OR, WA, ID, CA, MT, and TX</li> </ul> <p><b>Talkspace</b></p> <ul style="list-style-type: none"> <li><a href="https://Talkspace.com/ProvidenceHealthPlan">Talkspace.com/ProvidenceHealthPlan</a></li> <li>Telehealth provider of virtual psychotherapy for teens (13+) and adults</li> <li>Be matched to a provider within 48 hours</li> <li>Connect through text, call, or live video<sup>2</sup></li> <li>Access to therapy, psychiatry,<sup>3</sup> or both</li> </ul>	<p><b>Equip</b></p> <ul style="list-style-type: none"> <li>Virtual, eating disorder treatment</li> <li>Kids and young adults ages 6-24</li> <li>Family-Based Treatment (FBT) matched with a multi-disciplinary team</li> </ul> <p><b>Charlie Health</b></p> <ul style="list-style-type: none"> <li>Virtual Intensive Outpatient Program (vIOP)</li> <li>Teens and young adults ages 11-30</li> <li>Personalized treatment plans, including group and family/individual therapy</li> </ul> <p><b>Joon Care</b></p> <ul style="list-style-type: none"> <li>Suicide and crisis support</li> <li>Virtual sessions with a licensed therapist</li> <li>Teens and young adults ages 13-26</li> <li>Available to eligible members residing in OR, WA, TX, CA, DE, PA, and NY</li> </ul>
 <p><b>Broad Clinical Support</b></p>	<p><b>Behavioral Health Network</b></p> <ul style="list-style-type: none"> <li>Local and nationwide access</li> <li>In-person and virtual services</li> <li>Age-specific care (kids, teens, adults)</li> <li>Access to specialty behavioral health network</li> </ul>	<p><b>Provider Directory</b></p> <ul style="list-style-type: none"> <li><a href="https://ProvidenceHealthPlan.com/FindAProvider">ProvidenceHealthPlan.com/FindAProvider</a></li> <li>Go to the Provider Directory and search using your Member ID number</li> <li>Select “Find a care provider”</li> <li>Select “Mental Health/Substance Use Disorder”</li> </ul>
 <p><b>Care Management &amp; Crisis Support</b></p>	<p><b>Behavioral Health Hub</b></p> <ul style="list-style-type: none"> <li>Immediate access 24/7</li> <li>Team trained in crisis triage care</li> <li>Real-time referrals</li> <li>Call <a href="tel:800-878-4445">800-878-4445</a> (TTY: 711)</li> </ul>	<p><b>Emergency &amp; Urgent Care Services</b></p> <ul style="list-style-type: none"> <li>Inpatient and residential care</li> <li>Partial hospital care</li> </ul>

Learn more at [ProvidenceHealthPlan.com/BehavioralHealth](https://ProvidenceHealthPlan.com/BehavioralHealth) or call Customer Service at [503-574-7500](tel:503-574-7500) or [800-878-4445](tel:800-878-4445) (TTY: 711)

Call or text the **988 Suicide and Crisis Lifeline** if you or someone you know needs immediate crisis care.

<sup>1</sup> Access code required and varies depending on plan type. Call Customer Service to get your code.

<sup>2</sup> Access to Talkspace varies depending on plan type. Call Customer Service to see if your benefits include access to this network.

<sup>3</sup> Psychiatrists have the ability to prescribe medication.